



Your Employee Wellness Program

The City Of Albuquerque
Invites You & Your Family To:
The 2010 Spring Into Health
Employee Health & Wellness Fair
Focused on Heart Health & Good Nutrition

Friday, March 26, 2010

8 AM to 3 PM

Albuquerque Convention Center
West Complex Ground Floor SW Exhibit Hall

The Insurance and Benefits Division of the Human Resources Department is partnering with local health resources to give you an opportunity as City employees to find out what you can do to ensure that you and your family are healthy and happy.

This Season's Fair Includes:

Information On Good Nutrition
Heart Health Resources
Great Giveaways and Door Prizes
Local Health Resources
Free Chair Massage
Over 60 exhibitors

Free Screenings (over a \$50 value)

Fasting Cholesterol, Glucose & A1c *
Bone Density
Hearing Screenings
Body Mass Index
Blood pressure

* Cholesterol and Glucose lab draws are available from 8:00am to 10:00am only. 8-hour fasting is required! No food or drink only water and medications as usual.

Over 60 exhibitors will be available to offer valuable information and professional resources to help put you on the right track to a Healthy Spring Season.

Employee Family Members are Welcome and Encouraged to Attend

Employees will be allowed two hours to attend the health fair. Supervisors please ensure adequate staffing while your employees attend the fair.

PARKING VOUCHER

ACTIVITY: 2010 Spring Into Health Employee Health and Wellness Fair
Albuquerque Convention Center - West Complex, SW Exhibit Hall
DATE: Friday, March 26, 2010
HOURS: 8:00 a.m. to 3:00 p.m. (only)
LOCATION: Convention Center East Parking Structure Only

This voucher is valid only during the date and time listed above and only for the Convention Center Parking Lot Structure (east of the Convention Center). Parking fees for other city owned parking lots will not be validated for this event. You must present this voucher upon entry to obtain free parking.